

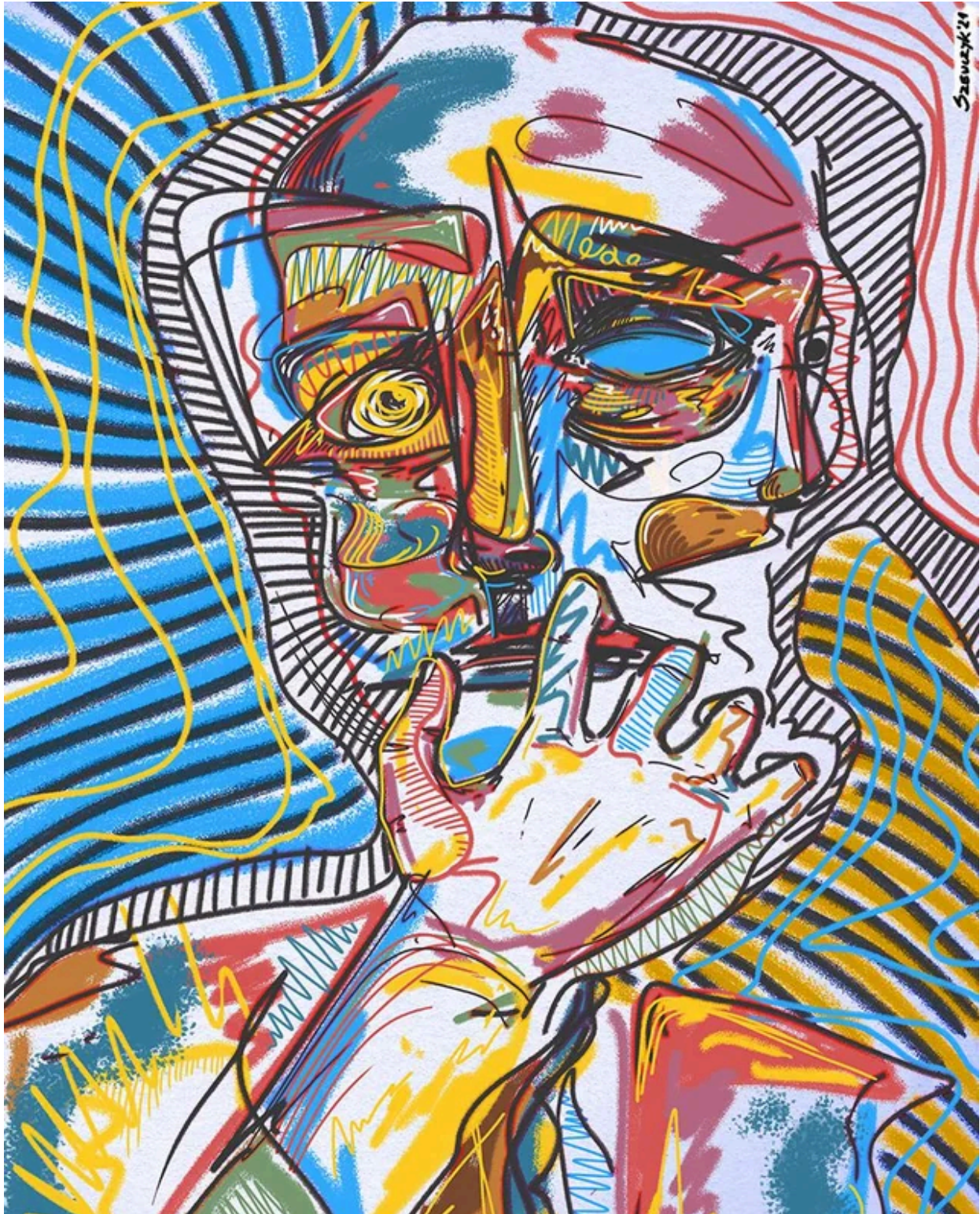


A word cloud centered around the acronym PTSD. The words are arranged in a circular pattern, with PTSD being the largest and most central. Other prominent words include stress, trauma, anxiety, depression, nightmares, and flashbacks. The colors range from dark red to light yellow, with the background being a solid dark red. The words are of various sizes, indicating their relative frequency or importance in the context of PTSD.

The Power of Yoga to Reduce PTSD Symptoms

A promotional banner for Adobe Creative Cloud All Apps. It features a large, stylized letter 'A' on the left, filled with various colorful illustrations of people working and creating. To the right of the 'A', the text reads: 'Save 40% on Creative Cloud All Apps.' in a bold, white font, followed by 'First year only. Offer ends May 13.' in a smaller white font. On the far right, there is a white rounded rectangle containing the text 'Buy now' and the Adobe logo.

the hospital. Only for the umpteenth time, the doctors' summation was a panic attack.



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REPORT THIS AD

The **Prison Yoga Project 200hr** teaching manual states:

Traumatic experiences can initiate strong emotions and physical reactions that can persist long after the event. Children may feel terror, helplessness, or fear, as well as physiological reactions such as heart pounding, vomiting, or loss of bowel or bladder control. Children who experience an inability to protect themselves or who lacked protection from others to avoid the consequences of the traumatic experience may also feel overwhelmed by the intensity of physical and emotional responses.

In elementary school due to my learning disability and speaking disability, I was made fun of and many times during games where teams were chosen I was not chosen. In middle school, I joined our Native American club, but due to my not being full blood, not brown enough, the full bloods made fun of me and distanced themselves from me.

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Deva est. 2nd grade 1970

I had a parent in the household often who very often swore at me, insult me, and put me down to humiliate me. From the earliest memory are the words, “You will never amount to anything.” Or threatening to tell all my friends in elementary school I wet the bed or severe bare body belts used for corporal punishment by both parents. In 7th grade I had reached my end of trying to process all my abuse while maintaining an act I was fine. I broke down in class abruptly in a crying fit. I had hit the wall of PTSD triggers. Yet with all the abuse and my counseling I was

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I have a very intimate understanding of trauma. My score on the **ACE test** was 8. Coming from a very horrific childhood dysfunctional home I'm still finding pockets of trauma I'm dealing with as I unravel myself. It's like a cosmic cocoon of fiber residue. As I went through the process of my yoga teachers training with me as me being my "first" student I got to find the truth of healing from a trauma-informed practice (*What Is Trauma-Informed Yoga? Trauma-informed yoga is **an approach to creating a safe, supportive space in which students can learn emotional regulation skills through connection with the breath and increased body awareness.***). Trauma is the residue of past hurts that have left me stunted from long ago when my voice or self-protection skills were lacking to protect my soul. That is trauma.

American SPCC American Society for the Positive Care of Children

Daily Tips to Combat ACEs

Help build resilience in your children by finding time every day to connect!

Adverse Childhood Experiences or ACEs can prevent children from living a healthy, happy life but we can tip the scales in their favor by finding ways to connect and creating Positive Childhood Experiences or PCEs.

To learn more about Positive Childhood Experiences, explore our content at www.americanspcc.org

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Support One of the most powerful forces to combating ACEs is providing children with the support they need to feel safe, secure and like they belong. One of the best ways to show your children you support them is through listening. When was the last time you felt really heard? Think about how that made you feel and ask yourself, how do you think you can make your child feel that way?	Ask Questions Ritual questions you ask your children everyday are great to always remind them that you care about their experiences and what they think. Some people ask them at dinner, before bed or on the way to school. A good example is, "What is one thing you loved today and what is one thing you learned?"	Accept Everyone has expectations for what parenting and their child will be like. It can be hard to accept that reality doesn't match our expectations. Acknowledging and accepting these differences can help us break the cycle of ACEs. This also provides a great example for our children to be able to cope with disappointment. Try using language like, "It's ok to be sad when you don't get what you want. I get sad too when I don't get what I want. What can I do help you feel better? A hug or I can give you some space?"	Repair Mistakes happen, life happens. What is important and meaningful to the relationships we have with our children, is the repair. No one can be the perfect 100% of the time. Own it! It's a powerful example to give your children. Take ownership of mistakes you've made and let them know you care. Try using language like, "I'm sorry I yelled. That must have been scary for you. Sometimes when I get angry I yell at you and that's not ok. Next time when I get angry, I'll try to breath instead. Can I give you a hug to show I love you?"	Make Space Having a comfortable, special place in your home to connect with your child can do wonders to help them feel safe and supported. It can be as simple as a bean bag or chair with an extra cozy blanket. Anywhere you can come together and talk about their day or issues they may be facing.	Give Choices No one likes to feel powerless. We can help our children feel more in control by giving them choices when we can. Some examples would be, "Do you want to brush your teeth first? Or shower first?" or "Do you want to wear the red shirt or the blue shirt?" This also helps when things aren't a choice. "You have to clean your room, but you can do it before or after dinner, your choice."	Be Kind Life is hard. For kids and adults! Try to practice kindness for yourself and them. It helps to assume everyone has their best intentions at heart and are just trying to communicate with us. I know it can be tempting to think, "My baby is screaming just to upset me." but they are just trying to connect. Try thinking about how to connect, and focus on kindness.

<https://americanspcc.org/take-the-aces-quiz/>

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Children who suffer from child-traumatic stress are those who have been exposed to one or more traumas throughout their lives and develop reactions that persist and affect their daily lives after the events have ended. Traumatic reactions can include a variety of responses, such as intense and ongoing emotional upset, depressive symptoms or anxiety, behavioral changes, difficulties with self-regulation, problems relating to others or forming attachments, regression or loss of previously acquired skills, attention and academic difficulties, nightmares, difficulty sleeping and eating, and physical symptoms, such as aches and pains. Older children may use drugs or alcohol, behave in risky ways, or engage in unhealthy sexual activity.

[\(https://bit.ly/PYP200hrYTT\)](https://bit.ly/PYP200hrYTT)

Post-traumatic stress disorder (PTSD) is a mental health disorder that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event.

Those with PTSD often feel helpless and hopeless and may have trouble sleeping, concentrating, or controlling their emotions. They may also avoid places or people that remind them of the traumatic event.

While there is no cure for PTSD, there are treatments that can help. One of these treatments is yoga.

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It is effective in reducing stress, anxiety, and depression.

In a study published in the journal “JAMA Psychiatry,” researchers found that yoga was as effective as cognitive-behavioral therapy (CBT) in reducing PTSD symptoms.



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PTSD symptoms. However, the yoga group showed slightly greater improvements in some areas, such as sleep quality and nightmares.

Another study, published in the journal “**Plos One**,” found that yoga was effective in reducing PTSD symptoms in veterans. The study included 100 veterans with PTSD who were randomly assigned to either yoga or a waitlist control group. After 12 weeks, the yoga group showed significant improvements in PTSD symptoms, including nightmares, flashbacks, and avoidance.

These studies suggest that yoga can be an effective treatment for PTSD. If you are considering yoga as a treatment for PTSD, it is important to talk to your doctor first. They can help you find a qualified yoga instructor and make sure that yoga is right for you.

Here are some of the ways that yoga can help reduce PTSD symptoms:

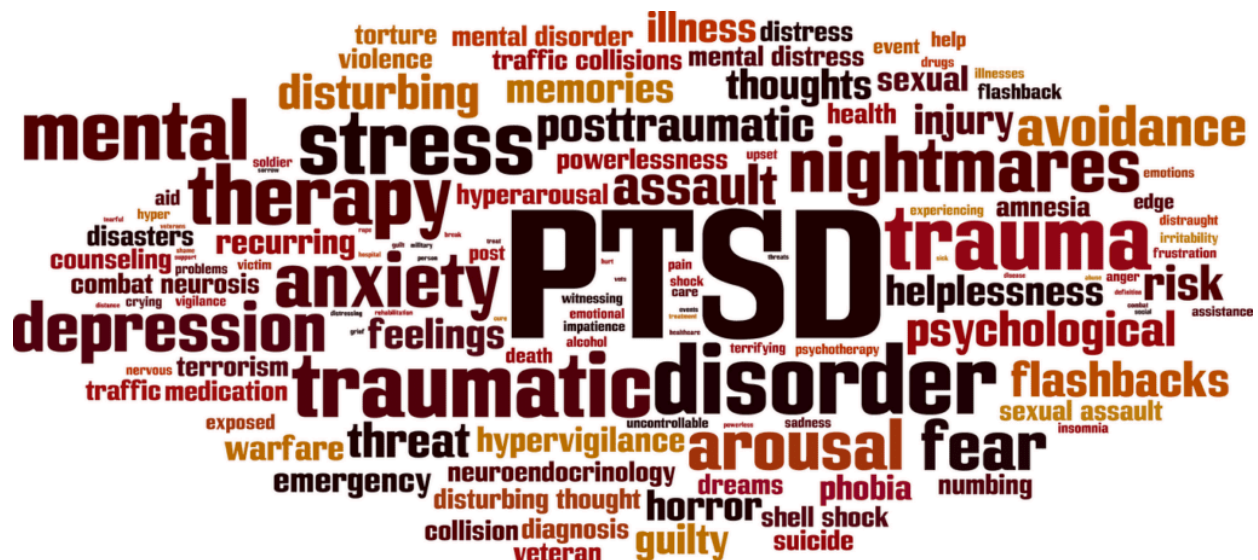
- **Yoga can help to reduce stress and anxiety.** When we are stressed or anxious, our bodies release stress hormones, such as cortisol. These hormones can have a negative impact on our physical and mental health. Yoga can help to reduce stress and anxiety by helping us to relax and focus on the present moment.
- **Yoga can help to improve sleep quality.** People with PTSD often have trouble sleeping. This can be due to nightmares, flashbacks, and anxiety. Yoga can help to improve sleep quality by helping us to relax and fall asleep more easily.
- **Yoga can help to reduce nightmares and flashbacks.** Nightmares and flashbacks are common symptoms of PTSD. They can be very disturbing and can make it difficult to cope with the disorder. Yoga can help to reduce



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- **Yoga can help to increase self-awareness.** PTSD can make it difficult to cope with our emotions and to understand our triggers. Yoga can help to increase self-awareness by helping us to become more aware of our bodies, our thoughts, and our emotions.
- **Yoga can help to build community.** Yoga can be a great way to connect with others who understand what you are going through. This can be very helpful in the healing process.

Yoga is a safe and effective way to help you face your fears. **If you are struggling with fear, yoga may be a good option for you.**



- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Here are some intermediate yoga poses that can help with PTSD triggers:

- **Warrior Pose I:** This pose is a great way to strengthen the legs and improve balance. It can also help to reduce anxiety and stress. To do Warrior Pose I, start by standing with your feet hip-width apart. Step forward with one leg and bend your front knee until it is bent at a 90-degree angle. Keep your back leg straight and your hips square. Reach your arms overhead and gaze forward. Hold for 5-10 breaths, then switch sides.



<https://www.ekhartyoga.com/resources/yoga-poses/warrior-1-pose>

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<https://www.yogajournal.com/poses/dolphin-plank-pose/>

- **Bridge Pose:** This pose is a great way to strengthen the core and improve flexibility. It can also help to reduce anxiety and stress. To do Bridge Pose, start lying on your back with your knees bent and your feet flat on the ground. Place your arms by your sides, palms down. Inhale and lift your hips up towards the sky, keeping your knees bent. Press your heels into the ground and engage your core. Hold for 5-10 breaths, then slowly lower back down to the ground.



<https://www.masterclass.com/articles/bridge-pose-yoga-guide>

- **Corpse Pose:** This pose is a great way to relax and de-stress. It can also help to improve sleep quality. To do Corpse Pose, start lying on your back with your legs extended and your arms at your sides. Close your eyes and take a few deep breaths. Relax your body and mind and let go of any tension. Hold for as long as you like.



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<https://www.verywellfit.com/corpse-pose-savasana-3567112>

It is important to listen to your body and modify these poses as needed. If you feel any pain, stop the pose and rest. You should also consult with your doctor before starting any new yoga practice, especially if you have PTSD.

Research

Here are some scientific articles the Power of Yoga to Reduce PTSD Symptoms:

- [Yoga as an Adjunctive Treatment for Posttraumatic Stress Disorder: A Randomized Controlled Trial](#)

This Harvard University study found that yoga significantly reduced PTSD symptomatology, with effect sizes comparable to well-researched psychotherapeutic and psychopharmacologic approaches. Yoga may improve the functioning of traumatized individuals by helping them to tolerate physical and sensory experiences associated with fear and helplessness and to increase emotional awareness and affect tolerance.

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This study looked at 15 studies that examined the effectiveness of yoga-based interventions for PTSD in veterans. The researchers found that yoga was effective in reducing PTSD symptoms, including re-experiencing, avoidance, and hyperarousal.

- **New Research: Yoga Can Reduce Symptoms of Combat-Related PTSD**

This study looked at a group of veterans who had been diagnosed with PTSD. The veterans were randomly assigned to either a yoga intervention or a waitlist control group. After 12 weeks, the yoga group showed significant reductions in PTSD symptoms, while the waitlist control group did not.

- **Yoga for posttraumatic stress disorder – a systematic review and meta-analysis**

This study looked at 22 studies that examined the effectiveness of yoga for PTSD. The researchers found that yoga was effective in reducing PTSD symptoms, but that the evidence was of low quality.

- **Trauma Sensitive Yoga as a complementary treatment for posttraumatic stress disorder: A Qualitative Descriptive analysis**

This study looked at a group of women with PTSD who were treated with Trauma Sensitive Yoga (TSY). The women reported significant reductions in PTSD symptoms after participating in TSY.

- **Meditation and Yoga for Posttraumatic Stress Disorder: A Meta-Analytic Review of Randomized Controlled Trials**

This study looked at 10 studies that examined the effectiveness of meditation and

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These are just a few of the many scientific articles that have been published on the effectiveness of yoga for PTSD. The evidence suggests that yoga can be an effective treatment for PTSD, but more research is needed to confirm these findings.

Here are 10 affirmations regarding using yoga to ease PTSD triggers:

1. I am safe.
2. I am strong.
3. I am capable of healing.
4. I am not alone.
5. I am worthy of love and respect.
6. I can cope with my triggers.
7. I am in control of my body and my mind.
8. I am healing every day.
9. I am grateful for the support of my loved ones.
10. I am hopeful for the future.

These affirmations can be used to help you cope with PTSD triggers and to promote healing. You can repeat them to yourself during yoga practice or at any other time when you are feeling triggered.

It is important to remember that yoga is not a cure for PTSD, but it can be a helpful tool in the healing process. If you are struggling with PTSD, it is important to seek professional help. A therapist can help you develop coping mechanisms and strategies for managing your symptoms.

Yoga can be a great way to supplement your therapy and to help you on your

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Here are some additional tips for using yoga to ease PTSD triggers:

- Start slowly and gradually increase the intensity of your practice.
- Listen to your body and modify poses as needed.
- Be patient and don't expect to see results overnight.
- Find a supportive community of yoga practitioners.
- Talk to your therapist about how yoga can be incorporated into your treatment plan.

With patience and practice, yoga can be a valuable tool in your healing journey.

Resources

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BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

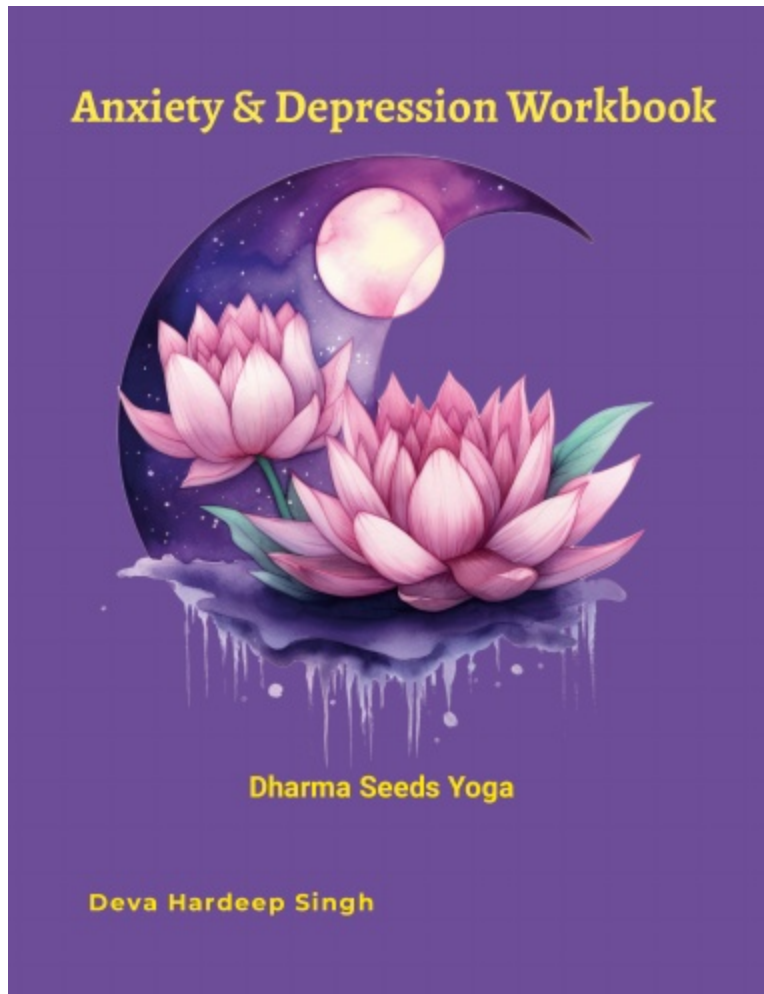
- **PTSD resources**
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>
- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers**

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You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Buy Dharma Seeds Yoga Press new book



Anxiety & Depression Workbook ~ Dharma Seeds Yoga The Anxiety and Depression Workbook is a self-help book that provides readers with tools and techniques to help them manage their anxiety and depression. The book is based on trauma informed yoga, a type of therapy that focuses on changing the way

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Depression Workbook has been praised by mental health professionals for its clear and concise explanations, and for its practical exercises and worksheets. The book has also been well-received by readers, who have found it helpful in managing their anxiety and depression. If you are struggling with anxiety or depression, the Anxiety and Depression Workbook may be a helpful resource for you. The book can help you learn more about your condition, and provide you with tools and techniques to help you manage your symptoms.



Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant,

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focus. Recently was able to join the [Hulu/FX Series **Reservation Dogs**](#), as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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